

ABSTRACT OF THE DISCLOSURE

A magnetization reversal method is a method of applying an external magnetic field to a magnetoresistive film, in which the magnetoresistive film has a structure wherein a nonmagnetic film is placed between magnetic films with an easy axis of magnetization along a perpendicular direction to a film plane and in which the external magnetic field is comprised of magnetic fields from a plurality of directions including a direction of easy magnetization of the magnetic films.

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